

The Art of **(P)raising Your Child**

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Pioneer Primary School

The case for praise

Why praise?

The case for praise

“Parenting is the easiest thing
in the world to have an opinion about,
but the hardest thing
in the world to do.”

- *Matt Walsh*

The case for praise



VS



The case for praise

Praise

The case for praise

Praise

The case for praise

“Raising a child
who wants to behave
instead of one
who tries not to misbehave.”

How to recognise your child's efforts

7 golden pointers

How to recognise child's efforts

1) Be spontaneous

- Don't promise every reward in advance, and don't reward for every success

How to recognise child's efforts

2) Material vs non-material rewards

- If every reward is material, your child may simply become materialistic
- Non-material rewards moves the focus away from material things and it improves your relationship with child as you spend time together

How to recognise child's efforts

3) Be descriptive, not generic

- Instead of just the usual “good job” or “well done”
- Describe what your child did which makes it a “good job”

“Thank you for helping with the dishes!”

“I like the way you shared the toy with your friend.”

How to recognise child's efforts

4) Infuse values with praise

- You can infuse values and qualities in your praise
- As you praise, you are teaching your child that what he/she did is a quality you admire

“You cleaned your room even before I reminded you, that's what I call taking initiative!”

How to recognise child's efforts

5) Watch out for excessive praise

- Some parents praise their child for every little thing
- Child becomes praise hungry, expecting praises for everything that they do

How to recognise child's efforts

6) Focus on effort instead of outcome

- Focusing on outcome may influence your child to become very dependent on how things turn out
- Working towards a goal is just as important as (or if not more important than) achieving a goal

“There is room for improvement, but I like how you put in the effort to study and prepare for the test.”

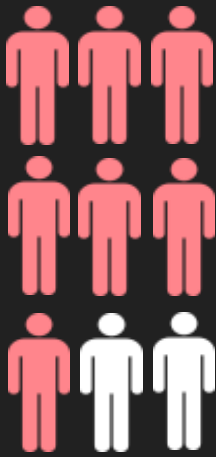
How to recognise child's efforts

7) Personal praise vs effort-based praise

- Personal praise highlights child's natural ability (intelligence, talent)
- Effort-based praise emphasizes on what he can control, such as how much time your child spends practising or the strategies he/she uses

“Wow that's great singing, you must have put in a lot of practice into it!”

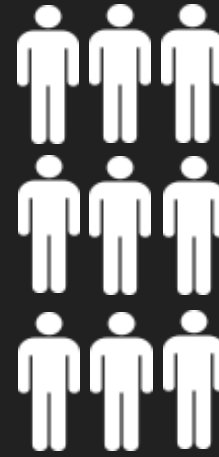
How to recognise child's efforts



Intelligence



Processes



Control

How to recognise child's efforts

- Be spontaneous
- Material vs non-material rewards
- Be descriptive, not generic
- Infuse values with praise
- Watch out for excessive praise
- Focus on effort instead of outcome
- Personal praise vs effort-based praise

Conclusion

Last but not least...

Conclusion

“Your **child** is a **blessing**,
so **are you**.”

References

- Bhandarkar, S. (2013). How to Go From a Nagging Parent to a Master Motivator. <https://afineparent.com/be-positive/positive-reinforcement.html>
- Dweck, C. S. (2015). The Secret to Raising Smart Kids. <https://www.scientificamerican.com/article/the-secret-to-raising-smart-kids1/>